



WISSAHICKON CHARTER SCHOOL

## AWBURY CAMPUS WEEKLY WISSAHICKON

### ALL SCHOOL

#### Families:

Due to the number of days we've missed because of inclement weather, we have to make up time to get to the number of hours needed in the school year. With that said, we've decided to make Friday March 16th a full day of school instead of a half day. Students will be in school all day and have a regular dismissal time. This will ensure that we are in compliance with the mandatory number of hours dictated by the state.

If you have any questions, please contact us at the school.

Dean Jamal and Dean Kristi

### Important dates

- **March 16th, full day! No After School Program**
- Report Cards conferences: March 21,22, 23: 12:45 dismissal
- Spring Break, March 26-30th
- PSSAs: April 10th, 11th, 12th, 17th, and 18th, school will be dismissed for all students at 12:45pm. Please make a note of the change. **Our After School Program will be open.**

### Pretzel Day

Friday, March 16, 2018. Pre-sale starts Monday March 12, 2018. All pretzels are \$1.00 each.

### Report Card Conference

Dear WCS Parents:

**PLEASE SCHEDULE YOUR REPORT CARD CONFERENCE BY MARCH 16, 2018. ANY CONFERENCE NOT SCHEDULED WILL BE AUTOMATICALLY ASSIGNED.**

Report card conferences will be held on Wednesday, March 21st-Friday, March 23rd. The "My Conference Time" site will be available for you to schedule your conference with your child(ren)'s teacher on Tuesday, March 6th, 2018. Follow these steps to schedule:

- 1)Click the link to schedule your conference time [myconferencetime.com/wissahickoncharter](http://myconferencetime.com/wissahickoncharter)
- 2) If the link does not work for you, please cut and paste the link in your browser.

- 3) Click on the name of your child(ren)'s teacher.
- 4) Select the desired date/time for your conference by clicking on "Sign Up."
- 5) Submit the requested information.

Please be advised that you are only scheduling for your child(ren)'s homeroom teacher. If you want to schedule with any additional teachers, please contact them directly.

### **WCS Strategic Planning Meeting:**

Invitation to parents: Come give input on our WCS strategic plan **TOMORROW**, March 14th at 5:30PM. Share your thoughts, dreams, worries and wishes for Wissahickon's future. We hope you will participate! RSVP to [aileenh@wissahickoncharter.org](mailto:aileenh@wissahickoncharter.org). Pizza will be provided!

-Ms. Aileen

### **PSSA's**

Please note that we have made a change to our dismissal time for all students on the days that English and Math PSSA tests are administered. On April 10th, 11th, 12th, 17th, and 18th, school will be dismissed for all students at **12:45pm**. Please make a note of the change. Our **After School Program will be open**.

The PSSAs begin the week of April 9th for students in grades 3-8. The testing windows are as follows:

- April 9-13: English Language Arts
- April 16-20: Mathematics
- April 23-27: Science (Grades 4 and 8 only)
- May 8-12: Makeups as needed

We are excited to report that the Pennsylvania Department of Education has made a significant reduction to testing time, with the English Language Arts and Mathematics tests each having one fewer day of testing.

Some parents have expressed interest in having their children "opt out" of the PSSAs due to religious beliefs. While a family can opt a child out at any point, we are requesting this year that you provide us with notice by the end of February so that we can make adequate preparations for how they will spend testing time.

If you have any questions or would like more information about the opt out process, please contact Paul Vande Stouwe, Assessment and Accountability Manager at [p.vandestouwe@wissahickoncharter.org](mailto:p.vandestouwe@wissahickoncharter.org) or [267-774-4370 ext. 2541](tel:267-774-4370)."

### **Library**

**The book fair is coming and we need book fair volunteers!**



The spring Scholastic Book Fair of the year is almost here!

We need parent, grandparent, and caregiver volunteers all five days of the fair, from March 19 through 23. Volunteer shifts are in 2-3 hour blocks on these days.

This year, we are managing volunteer sign-ups with Scholastic's online calendar. [Click this link](#) to sign up for an available time. (You will need to register with Scholastic in order to do this.)

If you have questions, please contact library media specialist Kate Bowman-Johnston at [k.bojo@wissahickoncharter.org](mailto:k.bojo@wissahickoncharter.org) or [267-774-4370 x2511](tel:267-774-4370).

## FUTSAL CLUB

We are starting **FUTSAL** club , **Mondays** from **4:00 - 5:30 @ Awbury** for both sites. This is for **grades 5-8** and all **facility**, the more the merrier. Normal requirements for students to participate, grades above a 70% - behavior - and physical. Please see Mr. Jim for permission slip that is need for participation, adults too.

## WPP

**WPP Monthly Meeting:** Wednesday, March 21st at 6:00. At this meeting Ms. Rebecca and Ms. Nancy will conduct a brief parent training on the Special Education process. If you have any other topics for them to address, please contact Ms. Rebecca at [R.Chase@wissahickoncharter.org](mailto:R.Chase@wissahickoncharter.org).

## Development

### Budgeting Consultation during Report Card Conferences

#### Friends from Univest Available from 2:00p-4:00p on Wednesday, March 21st

Parents, please stop by and visit friends of the school from Univest Bank and Trust Co. who will be offering tips and advice about budgeting for your household. We are are excited that Univest will be joining to meet many of our parents and to act as a resource! They will have a table in the hallway from **2:00p-4:00p on Wednesday, March 21st**, so please be sure to introduce yourself and talk with them! **If you would like to schedule a time to speak with a representative, or have questions, please email Anne: [a.pennington.wang@wissahickoncharter.org](mailto:a.pennington.wang@wissahickoncharter.org).**

## 2018-2019 Draft Calendar

## Wissahickon Charter School 2018-2019 Calendar - AWBURY DRAFT

*Please keep this posted for your convenience as our schedule can differ significantly from the School District of Philadelphia.*

August 21-22, 2018	Professional Development - New staff only
August 23-24 and 27-28, 2018	Professional Development - All staff
August 29, 2018	First Day of School for Grades 1-8
August 29-August 31, 2018	Kindergarten Conferences
September 3, 2018	Labor Day - Administrative Offices and School Closed
September 4, 2018	Kindergarten Group A Half Day
September 5, 2018	Kindergarten Group B Half Day
September 6-7, 2018	All Kindergarten Students Half Day
September 10, 2018	Rosh Hashanah - Administrative Offices and School Closed
September 11, 2018	First Full Day of Kindergarten
September 19, 2018	Yom Kippur - Administrative Offices and School Closed
September 21, 2018	12:45pm Dismissal for Professional Development
October 8, 2018	Columbus Day - SCHOOL IS OPEN
October 12, 2018	12:45pm Dismissal for Professional Development
October 26, 2018	12:45pm Dismissal for Professional Development
November 12, 2018	Veterans Day - Administrative Offices and School Closed
November 19, 2018	Last Day of First Trimester - SCHOOL IS OPEN
November 20, 2018	Staff Only for Professional Development - Report Card Writing Day
November 21-23, 2018	Thanksgiving Holiday - Administrative Offices and School Closed
December 5-7, 2018	Report Card Conferences, 12:45pm Dismissal
December 14, 2018	12:45pm Dismissal for Professional Development
December 24, 2018 - January 2, 2019	Winter Recess - Administrative Offices and School Closed
January 3, 2019	Staff Only for Professional Development
January 4, 2019	Students Return from Winter Recess
January 18, 2019	12:45pm Dismissal for Professional Development
January 21, 2019	Martin Luther King Day - Administrative Offices and School Closed
February 1, 2019	12:45pm Dismissal for Professional Development
February 15, 2019	12:45pm Dismissal for Professional Development
February 18, 2019	President's Day - Administrative Offices and School Closed
February 19, 2019	Flex Day - School Closed (unless 2 or more snow days before 2/19/18)
March 7, 2019	Last Day of Second Trimester - SCHOOL IS OPEN
March 8, 2019	Staff Only for Professional Development - Report Card Writing Day
March 15, 2019	12:45pm Dismissal for Professional Development
March 20-22, 2019	Report Card Conferences, 12:45pm Dismissal
March 25-29, 2019	Spring Break - School Closed
April 5, 2019	12:45pm Dismissal for Professional Development
April 16-18, 2019	English Language Arts PSSA, Grades 3-8 ( <b>Tentative-12:45 Dismissal</b> )
April 19, 2019	Good Friday - Administrative Offices and School Closed
April 29-30, 2019	Mathematics PSSA, Grades 3-8 ( <b>Tentative-12:45 Dismissal</b> )
May 1-2, 2019	Science PSSA, Grades 4 and 8; Makeups (all grades)
May 17, 2019	12:45pm Dismissal for Professional Development
May 27, 2019	Memorial Day - Administrative Offices and School Closed
May 31, 2019	12:45pm Dismissal for Professional Development
June 5, 2019	Eid Al-Fitr - Administrative Offices and School Closed
June 10, 2019	12:45pm Dismissal for Professional Development
June 11, 2019	Last Day for Students, 12:45pm Dismissal for Professional Development
June 13, 2019	Last Day for Staff

Hello Neighborhood Leaders,

Below are samples of ways your members can get involved at Awbury this spring:

- **Saturday, March 17th from 9 AM to 12 Noon** for the **volunteer season opener "Spring Greening"** <http://awbury.org/events/spring-greening-awbury-volunteers-season-opener/>
- **The week of 3/18** a group of volunteers is needed to help fill Easter eggs with candy.
- Then on **Saturday, March 31st at 8:15 AM** volunteers will hide the eggs for Awbury's Annual Easter Egg Hunt .



- **Every Thursday beginning March 22nd, 10 - Noon** is **Awbury's Coffee Grounds Garden Club**. Individuals and small groups are welcome.
- And **beginning in April on the 14th, 9 AM - Noon, SECOND SATURDAYS** happen through November for individuals and small groups.

[Register on line](#), email [lcerf@awbury.org](mailto:lcerf@awbury.org), or text me at [\(215\) 205-6561](tel:2152056561) to **sign up**.

Thank you!

Leslie Cerf

Volunteer Coordinator

Awbury Arboretum

### **Green Tip of the week #19**

Installing window coverings throughout a home will minimize the escape of heat and cut down on the use of electricity.

- Thank you to Fernhill 8th grade student Francis Bradshaw for our weekly Green Tips
- Have a Green Tip you want to share?
- Send them to [t.bailey@wissahickoncharter.org](mailto:t.bailey@wissahickoncharter.org)

## **LOWER SCHOOL**

### Summer Camp Scholarship Opportunity!

Morris Arboretum is offering scholarships to Wissahickon students ages 5-10 for their Summer Adventure Camp! Read more about the camp at [http://www.morrisarboretum.org/ed\\_summerAdventureCamp.shtml](http://www.morrisarboretum.org/ed_summerAdventureCamp.shtml), and fill out the attached registration form to apply for the scholarship!



**SIX WEEKS OF  
FUN!**  
June 25 – August 3  
9:00am – 3:00pm  
Daily

*Explore, Experiment, Experience!*

**Little Lightning Bugs (Ages 4 & 5)  
Bloomfield Buddies (Age 6-10)**

Discover, learn, and play in the beautiful  
natural setting of the Morris Arboretum!



**Ready, Set, Register!**

For more information about  
this year's weekly themes  
and to register, go to  
[www.morrisarboretum.org](http://www.morrisarboretum.org)

Registration opens February 6

Sign up by March 1 to receive an  
Early Bird Discount!

Located in the Chestnut Hill  
section of Philadelphia

## MIDDLE SCHOOL

### AWMS 8th GRADE PROJECT

Focus Question:

What are the most pressing global environmental issues?

Student Outcome:

Students will learn about their year-long project relating to our mission. Students will complete a "tri-fold board" poster presentation.

Poster boards are normally \$15.00, however, we are selling them here for \$10.00 starting tomorrow, please see Ms. Gina. Completion of an eighth grade project is a requirement for graduation. Please speak with your child about the topic they chose to focus on for their project.

Thank you and if you have any questions, please see or call Ms. Gina.

## AWMS 8th GRADUATION REQUIREMENTS

### **Greetings Parents,**

Trimester 3 begins Monday, March 12th, please see below for information regarding graduation requirements:

Students must complete a senior project, see details below. Senior projects are due by May 21st. Presentations to families will take place on May 23rd at 6p.m. more details to follow.

### **Eligibility requirements for graduation:**

- Students must have a passing average of 70 or above in the Y1 column, which is the average of all 3 trimesters see below:



T1	T2	T3	Y1
			<70

If a student has an average below 70 in the Y1 column by June 1st, they will **NOT** be permitted to participate in graduation.

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### **Project Description**

**Focus Question:** What are the most pressing global environmental issues?

**Student Outcome:** Students will learn about their year-long project relating to our mission. Students will complete a "tri-fold board" poster presentation.

**Poster boards will be sold this week for \$10. See Ms. Gina**

Please speak with your child about the topic they chose to focus on for their project.

Thank you and if you have any questions, please see or call Ms. Gina 267.774.4370, ext. 2259 (w) or 215.828.5184 or via email: [g.minor@wissahickoncharter.org](mailto:g.minor@wissahickoncharter.org)

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### **AWMS 8th Grade Save the Dates:**

May 4, 2018 - Formal Dance

May 25th, 2018 - Class Trip

June 11, 2018 - Graduation

## **Front Office**

Late fees are now being enforced for late pick up. The charge will be \$1 per minute starting at 3:45 pm on regular dismissal and 1:00 pm on early dismissal. Also, the nurse will be conducting annual screenings for weight, height and vision for all grades. If you have any questions please contact the nurse.

## **Important Shift in Volunteer/Parent Clearance Requirements**

The Pennsylvania Department of Education's provided additional clarification about volunteer clearances. Parents who volunteer occasionally to chaperone a field trip are not required to have clearances as long as they will not be solely responsible for a child/group of children's well-being. Parents/guardians who chaperone trips on a regular basis throughout the year and any parent/volunteer for outdoor trips must still have their clearances. In addition, any person (parent or otherwise) who volunteer at the school on a regular basis must still have their clearances. **The information can be found on our website at <http://wissahickoncharter.org/volunteer-clearances>.**

## **Important reminders**

- All students are considered late as of 8:21am everyday.
- Our early dismissal cut-off times are 2:30pm on regular dismissal days and 11:45am on half days.
- In the event your child(ren) are picked up after 3:45pm and 1:00pm on half days, you will be charged \$1 per minute.

Ms. Shonda and Ms. Tonya

## **Cafeteria and Vetri Community Partnership**

# HEALTHY COOKING DEMONSTRATIONS



**VETRI  
COMMUNITY  
PARTNERSHIP**  
EAT. EDUCATE. EMPOWER.

## **What:**

You're invited to a hands-on cooking demonstration and nutrition discussion with Wissahickon Awbury's Chef Mentor, Josh Rood-Ojalvo, from Vetri Community Partnership.

This is a great opportunity to learn more about Vetri's Etiquette program and have a chance to try some of the recipes your own scholars have made in class and eaten at lunch.

Two delicious recipes will be demonstrated by Chef Josh and then made by the class participants.

Free food tastings and a giveaway for all attendees!

## **When:**

Thursday, April 12, 2018 at 6:15 pm

The Class will be 45 minutes long and include: a demonstration and cooking lesson with participants, tasting and Q&A discussion.

## **RSVP:**

Please RSVP to Chef Josh by April 10th via email at [Joshua@vetricommunity.org](mailto:Joshua@vetricommunity.org).

## **Where:**

Wissahickon Awbury in the discovery classroom.

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through the PA Department of Human Services (DHS). This institution is an equal opportunity provider.

Monday

Tuesday

Wednesday

Thursday

Friday

## I SCHOOL BREAKFAST

5 **Mini Cinni**  
Fresh Fruit  
Milk

6 **Breakfast Pizza**  
Fresh Fruit  
Milk

7 **Mini French Toast**  
Fresh Fruit  
Milk  
Syrup

1 **Scrambled Eggs,  
Home Fries &  
Whole Grain  
English Muffin**  
Fresh Fruit  
Milk

8 **Fresh Baked  
Blueberry Muffin w/  
Yogurt**  
Fresh Fruit  
Milk

2 **Honey Wheat Bagel  
w/ Cream Cheese**  
Fresh Fruit  
Milk



12 **Whole Grain  
Pancakes**  
Milk

13 **Cranberry & Apple  
Rebel Crumble**  
Fresh Fruit  
Milk

14 **Breakfast Sandwich**  
Fresh Fruit  
Milk

15 **Assorted Fruit  
Pocket**  
Fresh Fruit  
Milk

16 **Fresh Baked  
Chocolate Chip  
Muffin w/ Yogurt**  
Fresh Fruit  
Milk

19 **Mini Cinni**  
Fresh Fruit  
Milk

20 **Fresh Baked  
Blueberry Muffin w/  
Yogurt**  
Fresh Fruit  
Milk

21 **Assorted Cold  
Cereal w/ Graham  
Crackers**  
Fresh Fruit  
Milk

22 **French Toast Sticks**  
Fresh Fruit  
Milk  
Syrup

23 **Cream Cheese  
Stuffed Bagels**  
Fresh Fruit  
Milk



### Cold Cereal Selections

Apple Cinnamon Cheerios  
Toasted Cheerios  
Cinnamon Toast Crunch  
Fruity Cheerios  
Cocoa Puffs  
Trix  
Cinnamon Chex

### Milk Selections

Choice of 8oz milk offered  
daily  
1% Plain  
Fat Free Plain  
Fat Free Chocolate



**LINTONS**  
Food Service Management

No Pork Products Served

Monday	Tuesday	Wednesday	Thursday	Friday
5 <b>Grilled Cheese</b> Pizza Rice Romaine and Carrot Salad Whole apples 1% White Milk Nonfat Milk Sherry Vinaigrette, C	6 <b>Cheeseburger</b> Cowboy Potatoes Kale Salad with Ranch Dressing Bananas 1% White Milk Nonfat Milk	7 <b>Lemon Rosemary Roasted</b> Chicken Whole Wheat Pita - Father Sam's 2018 Yellow Rice Collard Greens Oranges 1% White Milk Nonfat Milk	8 <b>Chipotle Lime Tyson</b> Chicken, MMA Green Rice Roasted Green Beans Roasted Sweet Potatoes Blueberries with Lemon 1% White Milk Nonfat Milk	9 <b>Vegetarian Chili with Red</b> Beans Rice Pita Southwest Corn Whole apples 1% White Milk Nonfat Milk
12 <b>Vegetarian Quesadilla</b> Romaine Salad Salsa Roja Blueberries with Lemon 1% White Milk Nonfat Milk Honey and Lime Vinaigrette	13 <b>Buttermilk Drumsticks</b> Red Beans and Rice Cilantro Slaw Chocolate Banana Frozen Yogurt 1% White Milk Nonfat Milk	14 <b>Breakfast Burrito w/ Turkey</b> Sausage, Eggs and Cheddar Cheese Tater Tots Fresh Fruit Milk	15 <b>Sazon Baked Drumsticks</b> Green Rice Black Bean and Corn Salsa Carrot Crudite Mixed Berries 1% White Milk Nonfat Milk Buttermilk Ranch Dressing	16 <b>Vegetarian Bolognese</b> Roasted Broccoli Whole apples 1% White Milk Nonfat Milk
19 <b>Broccoli, Cheese and White</b> Bean Ziti Italian Baked Zucchini Oranges 1% White Milk Nonfat Milk	20 <b>Corn Flake "Fried" Chicken</b> Fiesta Rice, WG, VRO, VS Romaine Salad Whole Pears 1% White Milk Nonfat Milk 2016 Vinaigrette, Honey and Lime	21 <b>Citrus Glazed Chicken</b> drumsticks, MMA, Tyson Whole Grain Dinner Roll Cucumber Crudite Cumin-Spiced Chickpea Salad Blueberries with Lemon 1% White Milk Nonfat Milk Greek Vinaigrette	22 <b>2016 Chicken Penne in</b> Alfredo Sauce, MMA, WG, VS Dinner Roll Romaine and Carrot Salad Whole apples 1% White Milk Nonfat Milk Balsamic Vinaigrette (Updated)	23 <b>Cheesy Eggs</b> Mexican Roasted Potatoes Salsa Roja Bananas 1% White Milk Nonfat Milk
26 	27 	28 	29 	30 

**Milk Selections**  
Choice of 8oz milk  
offered daily  
1% Plain  
Fat Free Plain  
Fat Free Chocolate  
**Fresh Fruit**  
Selections  
1c of fresh fruit  
offered daily  
Apple Banana  
Pear Orange

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**LINTONSCO**  
Food Service Management



# Nutrition Nuggets™

Food and Fitness for a Healthy Child

March 2018

Eatiquette 360  
Vetri Community Partnership

**BEST BITES**

## Sandwiches for dinner

Here's a no-cook idea for busy weeknights. Have your child help you set out whole-grain bread plus healthy fixings, and let each person make her own sandwich. You might offer lean sliced turkey and ham, cheese, lettuce, and tomato. Or put out leftover chicken and canned tuna, light mayonnaise, chopped celery, and halved grapes so family members can whip up chicken or tuna salad.

## Let's fly kites!

Spend a windy March afternoon flying kites together. You can get everyone's heart rate up by running across a field, taking turns holding the kite string. If you have two kites, race, and see who can keep his kite in the air the longest.

**DID YOU KNOW?**

Some foods "brush" your youngster's teeth! Chewing carrots, celery, leafy greens (spinach, kale), and apples with the skin on can help to clear away plaque and food particles. Plus, the acid in apples kills germs that cause cavities. *Tip:* Suggest that your child eat one of these natural "toothbrushes" at the end of a meal if she isn't able to brush right away.

## Just for fun

**Q:** What kind of chair is good at yoga?

**A:** A folding chair!



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## Just-right portions

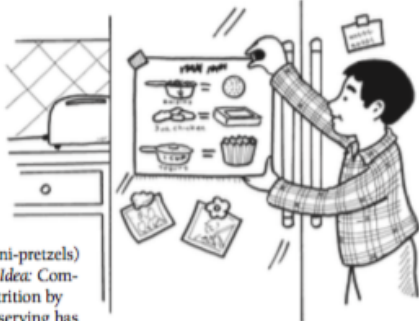
A healthy lifestyle includes eating the right kinds of food—and the right amounts. To ensure your youngster doesn't develop a case of "portion distortion," try these tips.

### Measure it out

Look at nutrition labels together at snack time. Ask your child to read the serving size (perhaps 20 mini-pretzels) and count out the amount. *Idea:* Combine math practice with nutrition by posing questions like, "If 1 serving has 110 mg of sodium, how much sodium is in 2 servings?" (Answer:  $110 + 110 = 220$  mg.) You can point out that sticking to 1 serving will help limit his salt intake.

### Visualize sizes

Making a picture chart can teach your youngster to "eyeball" servings. First, he should list his favorite foods. Then, help him look up the serving sizes on food packages or online. Beside each food on his list, he could draw an object that's about the same size as 1 serving. *Examples:* a golf ball for  $\frac{1}{4}$  cup of raisins, a deck



of cards for 3 oz. of chicken, a cupcake wrapper for 1 cup of yogurt.

### Divide it up

Restaurant portions are often much bigger than standard servings. Your child might eat  $\frac{1}{2}$  cup of pasta at home, but a restaurant may dish up 2 cups. To control portions while dining out, you and your youngster could share an entree. Or package up half in a to-go box when your food arrives—you'll both eat less, and you'll have food for tomorrow! ●

## Dribble and kick

Your youngster and her friends can improve their speed and coordination—and soccer skills—with these games.

**Relay race.** Have two teams line up at one end of a field or yard, and place two upside-down trash cans about 20 feet away. On "Go," the first person on each team dribbles a soccer ball down to and around the can. Then, she kicks it all the way back to the next team member, who does the same thing, until everyone has had a turn. The first team to finish wins.

**Keep-away.** Draw a giant circle with sidewalk chalk. Everyone stands inside, and one person dribbles a soccer ball. The other players try to steal it and kick it outside the circle. Whoever steals the ball is the next dribbler. ●



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## Nutrition Nuggets™

## Busting food myths

Just because a grocery item contains the word *fruit*, *grain*, or *vegetable* doesn't make the food healthy. Share these common food misconceptions with your child.

**Myth:** Fruit juice is a good source of nutrients.

**Fact:** While fruit juice does contain vitamins, it lacks fiber and is usually full of sugar.

**Best bet:** Encourage your youngster to eat whole fruits, such as bananas and oranges, which give her more fiber ounce for ounce than juice.



8 grams per serving). Send your youngster on a "treasure hunt" in the cereal aisle to find varieties that meet those standards.

**Myth:** Vegetable chips make a healthy snack.

**Fact:** Packaged veggie chips can have as many calories as potato chips, and they may be high in sodium, too. Plus, nutrients are lost when the vegetables are processed.

**Best bet:** For the crunch without the calories, get your child in the habit of snacking on raw vegetables like carrots and snap peas. ●

**Myth:** Cereal is always a nutritious breakfast.

**Fact:** Many cereals, especially those marketed to children, pack in lots of sugar. Look out for "sneaky" sugars in the list of ingredients, such as cane juice or molasses.

**Best bet:** Opt for 100% whole-grain cereals that are high in fiber (5 grams or more per serving) and low in sugar (less than

**PARENT TO PARENT** If your child is bullied

Recently, my son Kevin



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told me that kids at school had been making fun of him because of his weight. I was glad he confided in me, and I tried to comfort him. But we were both upset and unsure of what to do next.

I talked with my neighbor, who's a school nurse, and she said if this is going on repeatedly, Kevin is being bullied. Unfortunately, she said, bullies tend to target overweight kids. She recommended that I tell Kevin's teacher, and she gave me advice for talking to my son at home.

I stressed to Kevin that it wasn't his fault. I reminded him of healthy changes our family has made lately, such as eating more fruits and vegetables, and playing basketball rather than video games.

I told him that if we keep it up, we'll feel better and be healthier—and that matters more than what others think. ●

#### OUR PURPOSE

To provide busy parents with practical ways to promote healthy nutrition and physical activity for their children.

Resources for Educators,  
a division of CCH Incorporated  
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800-394-5052 • [rfecustomer@wolfersklawer.com](mailto:rfecustomer@wolfersklawer.com)  
[www.rfconline.com](http://www.rfconline.com)

Nutrition Nuggets™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.  
ISSN 1935-4630

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#### ACTIVITY CORNER

### Step up your steps

Keeping track of steps can be a fun challenge for the whole family. Use these ideas to help your child take more steps each day.

**Count.** Let her use an inexpensive pedometer, and she'll enjoy watching the number get higher and higher. Have her write down her daily steps for a week, and help her tally the total. Each week, challenge her to beat her previous score.

**Mix it up.** Suggest that your youngster think of different ways to fit in extra steps. She might recommend walking to the store rather than driving, doing laps around the living room, or running in place while watching TV. ●



#### IN THE KITCHEN

### Breakfast surprises

These fun twists on breakfast will help your youngster start off his day with a smile.

**Ice pops.** Add  $\frac{3}{4}$  cup nonfat Greek vanilla yogurt to a small paper cup. Mix in thin slices of your child's favorite fruits, such as frozen peaches or raspberries. Add a craft stick to the center, and freeze overnight. In the morning, peel off the cup, and enjoy breakfast-on-a-stick!



**"Cloud" eggs.** Separate 4 eggs, putting the whites in one bowl and each yolk into an individual small bowl. Add  $\frac{1}{2}$  tsp. salt to whites, and beat with a mixer until stiff peaks form. Gently fold in  $\frac{1}{2}$  cup shredded cheddar cheese. Drop 4 mounds of the mixture onto a baking sheet lined with parchment paper, and use the back of a spoon to indent centers. Bake at 450° for 3 minutes. Carefully add 1 yolk to each "cloud," and bake 3 more minutes. ●



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You are currently receiving this email because you have a child at the WCS Awbury campus and/or you are an Awbury staff member.

#### Our mailing address is:

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Awbury Campus  
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